

Dentists gear up for reintegration

By Ignacio "Iggy" Rubalcava

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Office

Dentists from the 464th Medical Company recently did what dentists do best – they drilled. These dentists, however, were drilling to support the reintegration of the 1st Armored Division.

In a tent behind the dental clinic, members of the 464th Med. Company set up a field treatment facility Aug. 14th through 18th and provided actual dental care to patients of Baumholder's Dental Clinic.

The end result was twofold. The dentists received experience providing care under field conditions and Baumholder's Dental Clinic received a little extra help with patient care.

"Some people have been a little skeptical about coming out to the tent but once they get in they find out we're actually delivering top notch dental care. The same thing they get inside they can get out here," said Captain Keith Gressell, a general dentist with the 464th Med. Company detailed to Baumholder and officer in charge of the training exercise. "They also get a new experience out here, especially the younger soldiers who haven't deployed. When you deploy, most likely you're going to be in a tent situation," said Gressell. Emphasizing his point Gressell pulled on his olive drab colored head lamp hanging around his neck and said, "I have a headlamp right here and that's what you're going to get (as opposed to the bright swivel lamps in a regular dental clinic). We're training up while at the same time delivering top notch, above standard care," he said.

The 464th Med. Company is the sister company of Baumholder's Dental Clinic so the company can expect to be tasked to provide support when the 1st AD comes back. "The way the reintegration process is set up, there's not a lot of time for dental but dental unfortunately needs more time because of the exams and actually going through the process of taking



Photo by Ignacio "Iggy" Rubalcava

Members of the 464th Medical Company conduct a field exercise in tents set up behind the Baumholder Dental Clinic. The Dental Clinic is gearing up to support Baumholder's reintegration efforts later this year. They made their field conditions more realistic by actually treating patients who had appointments at Baumholder's Dental Clinic.

the radiograph and all that," said Gressell.

"We're going to fill up the clinic with our docs but for auxiliary support we're going to be down here in the tents with even more room and dentists," he said.

Although patients may have to sit in makeshift dental chairs and have to prop their feet up on equipment containers, the dentists will be able to perform exams and class three dental care in the field tents.

When the Soldiers return they'll do their dental check-in and they'll get four hours in one day to complete their dental exams. "When one plane comes in, we have to do all of their exams. They have to get through," said Gressell. If patients need follow up care "it would just exhaust the clinic. It's a large clinic but it has a small staff so there are four, 464th Med Company doctors who'll be stationed here," said Gressell.

The 464th Med Company is actually based in the Landstuhl Regional Medical Center and has dentists detailed to Baumholder, Polaski Barracks and Kleber Kaserne. There is also a contingent of dentists at their home base in Landstuhl.

"We're going to bring up all our docs, station them here for that short time, reintegrate and support the Baumholder Dental Clinic because 1st AD is a very big reintegration when they come back and they're all coming back in one full swoop. So we're going to come out here and support them as much as we can," said Gressell.

The dentists and dental technicians are hoping to receive logistical support so they can convert their sleeping tent into a treatment facility, doubling their current setup. "In theory, if we placed two doctors per chair we could have about ten or 12 docs in there just doing exams and stuff like that," said Gressell.

The field exercise also served to train some of the dentists for future deployments to Benin in West Africa and Afghanistan. "Capt. Amy Bowman and myself are deploying on MEDFLAG to Benin where we'll be doing mostly surgery and using the same equipment and tent setup," said Gressell.

Another 464th Med. Company doctor, Capt. Brian Stancoven, also detailed to the Baumholder Dental Clinic, will be deploying to Afghanistan next January. "He has never worked with all the field equipment so we got him down here to train up for that," said Gressell.

Capt. Kevin Parker, who has already deployed and is also with the 464th Med Company was brought into the field exercise to provide some of his guidance and experience.

The 464th Med. Company planned this exercise about four months out before putting their plan into action. "We did a full

convoy up to Baumholder, a full set up on our own and made sure everything worked. We set up power distribution and all that. We're all cross trained now, so myself, being a general dentist, I know also now about generators and tentage.

It was a crash course but our NCOIC, Staff Sgt. John Hrabar is an extraordinary NCO and he actually guided most of us through our setup," said Gressell.

Gressell explained that this entire operation was truly a Soldier thing from beginning to end. "I think that every body should know that this is a full Soldier operation. There is no civilian assist out here so everything that we're doing from the top down was supported by soldiers the whole time," said Gressell. "We're here to help Soldiers, but it's Soldiers helping Soldiers. Soldiers from another base are coming up here to support the Baumholder Soldiers," said Gressell.

German's train at MOUT village

Story and photos

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An assailant's attempt to rush a German patrol and disrupt operations is thwarted almost before it begins as a German military working dog springs forward and pounces on the assailant's chest. The dog's attack is lightning fast and dead on. The assailant is forced to the ground under the dog's weight, thwarting any further threat to the patrol.

The entire episode was exactly that, an episode of a recent training exercise conducted by members of the German army from the Saarland, Rheinland Pfalz and Hessen at Baumholder's Military Operations Urban Training village.

The German army came to Baumholder's MOUT village to exercise their urban warfare tactics.

In this training scenario, the patrol's mission was to enter the village, seek out the mayor and establish a rapport while remaining alert for possible attacks from disgruntled villagers. The patrol established contact with the mayor but tension mounted as villagers attempt to provoke the German patrol. The conflict escalated and the patrol was forced to engage the villagers. After the smoke cleared and the guns were silent, a villager's body could be seen draping lifeless out of a



An assailant is subdued by a German military working dog during an exercise at Baumholder's Military Operations Urban Training village in which the action was brought within reaching distance of the spectators.

window and an injured German soldier laying in the street is quickly dragged to safety.

"It was very good that we could use Mountain Village," said German Lt. Col. Haiko Eggert, 2nd leader, Infantry Battalion 482. Mountain Village is the name given to Baumholder's MOUT site. He added that using Mountain Village to train in shortened their travel time. "This is the best

village to practice in. Otherwise we would have to go to Hamelburg," he said.

The village scenario was one of two exercises conducted by German reserve soldiers. The other exercise involved check-point operations, said Eggert.

The exercise served as training for the soldiers and as a demonstration of urban warfare tactics to German commanders who witnessed both exercises.



A German soldier surveys the affects of a fire exchange after an exercise in which German soldiers engaged unfriendly villagers.



A German soldier is dragged to safety during an exercise at Baumholder's Military Operations Urban Training village.

Fitness, good health

'Lose to Win'

Encourage each other and challenge each other with the Lose to Win program. Call Honey Bueno if you have any questions or you would like to check your weight and body fat at civ (06783) 6-7093 or mil 485-7093.

Exercise trips

Join Outdoor Recreation for a kayaking trip on the Sauer River Sept. 10, from 8 a.m. to 6 p.m. The cost is \$55 per person and includes instruction and everything needed to kayak. Call civ (06783) 6-7182 or mil 485-7182 for more.

A bike trip is scheduled Sept. 17 at 2 p.m. on the Mosel. The cost is \$35 per person and includes transportation. Bike rental is \$10 per person. Register at Outdoor Recreation or call civ (06783) 6-7182 or mil 485-7182.

Walk for Freedom

Support the troops on the following Wednesdays at the Walk for Freedom events at Minick Field:

Sept. 6, Oct. 4, 5:30-6:30 p.m.

Sept. 20, Oct. 18, 11:45 a.m. to 12:45 p.m.

Race for the Cure

Join 'Team Baumholder' for the Susan G. Komen Breast Cancer Foundation 5K Race for the Cure Sept. 24 in Frankfurt. The cost is \$20 with transportation or \$17 without transportation. Register no later than Sept. 7 at the Rolling Hills Athletic Club. For more call civ (06783) 6-6156 or mil 485-6156.

Commissary Tours

Join Women, Infants, and Children Overseas Baumholder and the weight loss support group for a free commissary tour on Sept. 13. Tour times are 10:15 a.m. and 3 p.m. A nutritionist will guide participants through the aisles, encouraging healthy food product choices. Call the WIC Overseas office for a reservation at civ (06783) 6-8001 or mil 485-8001.

Boot camp

Join the Rolling Hills Athletic Club for six weeks of challenging Boot Camp classes at the Mountaineer Gym. Classes begin Sept. 5 and end Oct. 12 every Tuesday and Thursday from 9-10 a.m. Cost is \$5 per class. Call civ (06783) 6-6156 for more.

Civilians getting fit

Like the Army's focus on maintaining physical fitness among its Soldiers, USAG Baumholder also endorses a civilian fitness program that works to improve physical fitness and morale, relieve stress, and minimize health risks. This program allows U.S. Army civilian employees to be excused from work for up to three one-hour sessions a week for six months, just to go exercise.

"Studies show that staying fit increases work performance and decreases the chance of illness or injury," said Cathy Douglas, Health Promotion Coordinator.

"The program is really intended to establish a foundation for the employee. Civilian Fitness is a one-time deal to get people started while they're here, and motivate them to continue on with their physical fitness, for life," said Douglas.

Although completely voluntary, civilian employees and local nationals must coordinate the terms of their fitness program times with their supervisors. Exercise periods may be combined with employees' breaks or lunch periods. However, unused exercise hours are not carried forward to subsequent weeks. Supervisors are encouraged to adjust work schedules to permit training and exercise where possible.

The next Civilian Fitness Program will kick off with an enrollment fair on Sept. 25-28 at the Hall of Champions from 9 a.m. to 1 p.m. Call Rolling Hills at mil 485-6156 or civ (06783) 6-6156 to schedule an appointment. For more details contact the Center for Health Promotion and Preventive Medicine CHPPM Health Promotion coordinator, at mil 485-7306 or civ (06783) 6-7306.



Photo by Ignacio "Iggy" Rubalcava

Annual rally on MTA

A rally driver negotiates a turn at the "Panzerplatte" on Baumholder's Military Training Area during the Baumholder leg of the annual ADAC Rally Aug. 12. Rain or shine, thousands of rally fans make the annual pilgrimage to Baumholder's MTA to witness this spectacle on the 30.65 kilometer track.

ACS programs, classes

ACS is located at Bldg. 8746, Dispensary Kaserne. Please call ACS to register for all classes and programs, civ. (06783) 6-8188 or mil 485-8188.

Resumix and employment orientation, Sept. 5, 28, 11 a.m. to 1 p.m. This course is designed to help you learn about working for the Federal Government and how to apply for Federal jobs.

Bank Account Management, Sept. 6, 9-11 a.m. Learn how to select a financial institution that meets your needs, use an ATM and debit cards, the consequences of non-sufficient fund checks, overdraft protection and much more.

Let's R.O.C.K. (Relocate, Orientate, Communicate, and Know), Sept. 11-13, 8:30 a.m. to 3 p.m. Interested in learning about the community around you? Enjoy this three day course, make new friends, learn about German customs, culture, local shopping, mass transit, the history of Baumholder and paying German bills.

Résumé and Cover Letter Workshop, Sept. 12, 11 a.m. to 1 p.m. Find out what employers are looking for when they review resumes and cover letters. This course covers the basics of effective resume and cover letter preparation and helps to identify marketable skills.

Combat Cash, Simple Spending Sept. 12, 2-4 p.m. Plans for the money you saved during this deployment? Buy a new car, a block leave trip home to the states, around Europe and a new computer are just a few examples of what some will use this money for. If you are looking for a way to spend your money, but not go broke doing it, then this class is for you. Receive information on how to spend and still maintain financial health and stability.

Sponsorship Training Sept. 14, 2-3 p.m. Help make a difference to newcomers in our community! Become a sponsor. The ACS sponsorship program outlines the responsibilities of a sponsor and provides the information and tools to assist newcomers.

Rolling Hills Athletic Club, pool

The Rolling Hills Athletic Club is located in upper Wetzel and includes an indoor pool and fitness center. It is open from noon to 8 p.m. Mondays through Fridays and noon to 5 p.m. on Saturdays, Sundays and holidays. There are daily, monthly and quarterly membership rates available for individuals or families. Call the RHAC for information on pricing at civ (06783) 6-6156.

Family swim night is offered every Friday from 5-8 p.m. The cost is \$1 per person. Adult jazz and belly dancing classes are coming soon. Call (06783)-6-7093 for more information.

RHAC open house

Use of the fitness center will be free Sept. 18 from noon to 8 p.m. Aerobics classes and pool will be at regular cost.

Wellness massage

Relax with a certified masseuse at the Rolling Hills Athletic Club. A 60-minute session is \$40. Ask about the new mommy-to-be massage. Call to schedule your appointment at mil 485-6156 or civ (06783) 6-6156.

Pool party rental

Rent the pool and the party room for up to 25 guests. The package includes three-hour usage, party room and tables and chairs for \$75. The room is available on the weekends from 1-4 p.m.

Fitness classes

The following classes are offered at the Rolling Hills Athletic Club:

Mondays, Fridays, spinning, 5:30 p.m.

Tuesdays, yoga, 9 a.m. **Tuesdays, Thursdays,** yoga, 11:45 a.m.

Wednesdays, yoga, 5:30 p.m.

Belly Dancing, coming soon

Adult Jazz, coming soon

Mountaineer Gym

The Mountaineer Fitness Center is open Mondays through Fridays, 6 a.m. to 9 p.m.; holidays, Saturdays, Sundays, 9 a.m. to 5 p.m. Call civ (06783) 6-7418 or mil 485-7418.

Mountaineer classes

Mondays, Wednesdays, and Fridays, step, 9 a.m.

Fitness Tickets

Tickets for fitness classes

Happenings



Photo by Kelsy Husted

Viva 'Fiesta'!

Children from the Baumholder community listen in the cave at hot Bible adventures during 'Fiesta' Vacation Bible School held Aug. 18 and 19 at the Chapel Annex on Smith Barracks. The program was a collaborative effort of chapel staff and volunteers from the community's congregations.

cost \$4 each or ten for \$30. Tickets may be purchased at the Rolling Hills Athletic Club, Mountaineer Gym, or the Hall of Champions.

Retail outlet

Come check out the wide selection of fishing gear, camping supplies, paintball supplies, military police and special operations equipment and weapons at Outdoor Recreation. Special orders are available. Call mil 485-7182 for info.

Recreation trips

Outdoor Recreation is open Mondays through Sundays and holidays, 11 a.m. to 8 p.m.

The following trips and activities are offered by Outdoor Recreation in September:

Sept. 1-4, White Water Rafting, Austria

Sept. 2, Mosel Valley Wine Fest, Bernkastel-Keus

Sept. 2, 17, Fishing trip

Sept. 3, Paris City Express

Sept. 8, Bad Dürkheim Fest

Sept. 9, Rhein in Flames

Sept. 10, Kayaking trip, Sauer River

Sept. 16, 30, Oktoberfest

Get rolling

Outdoor Recreation now has bicycles for rent. Rent daily, weekly or for a weekend. Call mil 485-7182 for more information.

Hunting, fishing licenses available

Get your German hunting license for \$125. Fishing licenses are \$65. Call Outdoor Recreation for class times or more information at mil 485-7182.

Fishing

Fish just minutes away in Baumholder. Enjoy a fully stocked pond with rainbow trout. No fishing license is needed. Fishing equipment is available for rent at Outdoor Recreation, mil 485-7182.

Clubhouse for rent

The Rolling Hills clubhouse is available for rent for small functions of 45-50 people. It can be used for retirement parties, hail and farewells and other small gatherings. Please call Rolling Hills Golf Course for more information, mil 485-7299.

Thursdays, Scramble night begins at 6 p.m. Sign up in the Pro Shop by 5:45 p.m.

Bowling league

Interested in joining a bowling league? Just come out and have some fun bowling. You do not have to be a Pro. No experience is necessary. The Baumholder bowling league begins Sept. 8 at 7 p.m. For more information, call Lee Ann Wilson at civ (0160) 9032-2801 or sign up at Striker's Bowling Center.

Herbstpreis German golf tournament

Join the Rolling Hills Golf Course on Sept. 17 for a stableford play tournament. The shotgun start begins at 9 a.m. Cost is € 20 per person. Non-members pay green fees. For more information, call, civ (06783) 6-7299 or mil 485-7299.

A break for parents

Childcare is available Sept. 8, 6-10 p.m. at the Dispensary Child Development Center for Parents Night Out. Cost is \$15 per child.

Childcare is also available Sept. 23, 9 a.m. to 3 p.m. at the Dispensary CDC for Super Saturday. Cost is \$24 per child.

Children must be registered with CYS. Sign up and pay two weeks prior. Call civ (06783) 6-7003 or mil 485-7003 for more information.

Kids street carnival

Join SKIES Unlimited for a free Boys and Girls Club Day at the Wetzel School Age Services. On Sept. 16 from noon to 4 p.m. kids can enjoy a bouncy castle, tug o' war contest, face painting, instructional class demos, inflatable basketball, popcorn and more, all free of charge. For more information call mil 485-7003 or civ (06783) 6-7003.

Personal claims

Persons having any claims against the estate of Staff Sgt. Tracy L. Melvin who died Aug. 6 may contact Capt. Ruben Toledo at mil 485-6500 or cell (0160) 331-9843.

Host Nation events

Sept. 1-5, Kusel Fall fair

Sept. 1-5, Prämiemarkt, Birkenfeld fair

Sept. 2, Official anniversary ceremony, 850 years, Baumholder Brühlhalle

Sept. 2, Flea market, Homburg Saar

Sept. 4, Market, Kirn, 8 a.m. to 2 p.m.

Sept. 8-12 and 15-18, Bad Dürkheim fair

Sept. 8-10, Schlefferfest, Idar, pedestrian zone

Sept. 10, IVV Volksmarch, St. Julian

Sept. 10, Farmer's market, Berglangenbach

Joe Satellite

Trinity Baptist